



# PARENTING ASSISTANCE LINE



PARENTING IS TOUGH! CALL PAL  
1-866-962-3030

## What is PAL?

The Parenting Assistance Line (PAL) is a collaborative service of the University of Alabama Child Development Resources and the Alabama Children's Trust Fund. When callers call the toll-free number a parenting resource specialist will answer the phone, listen to you, then offer helpful information and support. Callers can also request free literature about their specific parenting concerns.

## Who is PAL for?

PAL is for anyone who wants information and support in becoming a more confident parent. Let's face it...when babies are born, they don't come with "instructions!" Parenting can be tough and sometimes with today's stresses and problems we all just need a little help. PAL can provide helpful assistance to moms, dads, grandparents, and relatives whose children are ages birth to twelve.

## Will they think I'm a bad parent?

No! All parents have times of frustration or stress over difficulties in raising a child. Calls are free and confidential. "Talking it out" can help us not "take it out" on our children.

## When can I call?

Parent Resource Specialists are available from 8 a.m.-8 p.m. Monday through Friday. Messages can be left at any time.

[www.pal.ua.edu](http://www.pal.ua.edu)

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A Community Service Initiative of Child Development Resources, the College of Human Environmental Sciences.

